

GROCERY LIST

Health & Beauty: __Anti-Perspirant __Baby Wipes __Q-tips __Cotton Pads
__Cotton Balls __Tooth Paste __Tooth Brush (soft) __Mouthwash __Razor Heads
(Gillette Sensor Excel) __Tampons (multi-pack) __Multi-vitamin __Fish Oil
__Myoplex Bars __Myoplex Shakes
Hardware/Lawn & Garden: __Light Bulbs __Weed Eater string (round .08)

Office Supplies: __Binders __Card Stock __Erasers __Glue Stick __Hanging
Files __Labels (1" x 2 5/8 Avery 8160) __Manila Folders __Tape __Index Tabs
__Page Protectors __Paper __Paper Clips __Pens __Pencils __Sharpener
__Pocket Folders __Post Its __Spiral Notebook __Staples __Tab Dividers

Crafts: __Artificial Flowers (Pink, Purple, Orange) __Scissors __Tule __Velcro

Electronics: __CD-R __DVD-R __Ink Cartridges

Clothing: __Tights (size b) __Ladies Socks(9-10) __Ladies Underwear (7) __Bras
__Men's Underwear (L 36-38) __Men's Socks (11-12)

Dairy/Deli: __Eggs __Milk-skim __Half & Half __Yogurt (Activia) __Egg Sub
__Cream Chz __Butter (no-salt sticks) __Butter Spray __Cottage Chz __Bisquits
__Sour Cream (fat-free) __Crescent Rolls __Hummus __English Muffins __Turkey
or Ham (sliced thin) __Cheese (__Mexi __Mozz __Slices low-fat __String __Parm)
__Tortilla Shells (wheat)

Bottled Beverages: __Tomato Juice __Arizona Green Tea Diet (Gallon)
__Gatorade __Water

Breakfast Foods: __Cereal (Quaker Oat Sqrs, Raisin Brn, Cinn. Toast Crunch, Lky
Chrms) __Bisquick __Flax Seed Pancake Mix __Oatmeal (2 min.) __Syrup-Mrs B
__Syrup-sugar free

Snacks: __Granola Bars (Sweet & Salty, Chocolate, or Trail Mix Bars) __Sun Chips
__Dried Cranberries __Tortilla Chips __Wheat Thins __Wheat Saltines

Baking/Spices: __Oil (__Canola __Olive) __Rice Vinegar __Cooking Spray
__Baking Powder __White flour __Wheat Flour __Sugar (__White __Brown)
__Splenda (big bag) __Choc Chips __Pecans __Slivered Almonds __Walnuts
__Corn Meal (Jiffy) __Vanilla Extract __Cocoa Powder __Oregano __Pepper
__Mrs. Dash (__Spicy __Regular) __Cumin __Chili Powder __Cinnamon __Garlic
__Salt (__Kosher __Season)

Pasta/Rice/Ethnic Foods: __Spaghetti __Spaghetti Sauce __Macaroni
__Basmati Rice __Brown Rice __Black Beans __Fat-free Refried Beans
__Green Enchilada Sauce __Salsa __Taco Sauce __Jalepeno Peppers
__Black Olives __Ramen Noodles __Soba Noodles __Rice Noodles
__Water chestnuts __Parmesan Cheese

Soups/Canned Goods

__Tomato Soup __Cream of Chix __New Eng Clam Chow __Broth(__Chix __Beef)
__Diced Tomatoes __Tomato Sauce __Beans (__Hot Chili __Kidney __Navy)
__Artichoke Hearts __Green Beans __Tuna (water-pack) __Mandarin Oranges
__Lite Fruit Cocktail __Apple Sauce

Condiments: __Worcestire Sauce __Soy Sauce __Teriyaki __A-1Steaksauce
__Kosher Dill Pickles __Ketchup __Dijon Mustard __Miracle Whip Light
__Mayo low-fat __Ranch __Caesar __Italian Vinaigrette __Balsamic Vinaigrette
__Newman's Cran Vinaigrette

Cleaning & Laundry Supplies: __Bleach __Detergent (Purex) __Bounce Dryer
Sheets __Softener (Downy refill) __Tarn-X __Downey Wrinkle Releaser __Dry-el
__Lysol __Future Wax __Furniture Polish __Glass Cleaner __Dish Liquid
__Vacuum Bags __Dishwasher liquid __Rubber Gloves __CLR/Lime-away
__Scouring Pads (SOS)

Pet Supplies: __Cat Food __Cat Litter __Fish Food

Paper Products, etc.: __Foil __Freezer Bags (__qt __gal) __Sandwich Bags
__Kleenex __Napkins __Paper Plates __Paper Towels __Plastic Wrap
__Toilet Paper __Trash Bags (kitchen drawstring)

Bread/Coffee: __Honey __Grape Jelly __Peanut Butter (Jiff) __Tea Bags (family
size) __Coffee Filters (Meilita #4) __Coffee (Starbucks Espr Roast) __Wheat Bread
__Wheat Buns

Frozen: __Pancakes __Wheat waffles __Sherbet/Sorbet __Orange Juice
__Lemonade __Limeade __Apple Juice __Grape Juice __Morningstar Veggie
Burgers __Michelina's Low Fat Meals __Green Beans __Peas __Broccoli
__California Mix __Cod/Tilapia __Fruit (__strawberries __blueberries __raspberries
__peaches) __Cool Whip Lite __Bisquits __Morningstar Veggie Corndogs
__Pizzas __Beef & Bean Burritos

Meat: __Canadian Bacon __Turkey Bacon __Sausage __Flank Steak
__Chix Patties __Chix Strips __Cooked Grilled Chix __Bnls. Chix Breast
__Whole Chix __Turkey Burger __Lean Ground Beef __Sirloin __Round Steak

Fresh Produce: __Potatoes (__White __Sweet) __Onions __Garlic Cloves __Golden
Delicious Apples (green/firm) __Pears __Bananas (green) __Pink Grapefruit
__Oranges __Lemons __Limes __Kiwi __Mangoes (red) __Cucumbers
__Cauliflower __Broccoli __Celery __Carrots __Cilantro __Italian FL Parsley
__Mushrooms __Green peppers __Collard Greens (pre-washed) __Cabbage
__Lettuce (green leaf or romaine) __Spinach __Bag Salad (American) __Avocadoes
(dark but firm) __Tomatoes __Jalapenos __Grapes (firm seedless) __Fit Fruit Wash

MISC: _____

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